

Freedom Meeting

Before the meeting starts

If you don't have the ability to use google slides or the meeting is offline. Then have everyone, pull out their phone or device and go to freedomtorecover.org/example

Then they can follow along on our website. You can also just make more copies of this Print Out for everyone.

Welcome to Freedom! *(Start of Meeting)*

A 12 Step Group for Anyone interested in Recovery or Growth

Our meeting will last one hour, but is followed by an optional 30 minutes to hang out if you want too. We'll start by saying the serenity prayer together.

The Serenity Prayer

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

Living one day at a time,
enjoying one moment at a time;
accepting hardship as a pathway to peace;
taking, as Jesus did, this sinful world as it is,
not as I would have it;
trusting that You will make all things right
if I surrender to Your will;
so that I may be reasonably happy in this life
and supremely happy with You forever in the next.

Amen.

Prayer Requests

If you have a prayer request, please write it down on one of the index cards. Someone will pray for it throughout the week. It's also why someone would be writing on an index card during the meeting. After the meeting is over, everyone will hand their prayer request to whoever is sitting on their left.

Tokens

Is anyone ready for a Milestone Token? For Sobriety or a Goal Achieved?

- Start over token
- 30 Days
- 60 Days
- 90 Days
- 4 Months
- 5 Months
- 6 Months
- 7 Months
- 8 Months
- 9 Months
- 10 Months
- 11 Months
- 1 Year
- 18 Months
- 2 years
- Any year after that

Discussion or Testimony

Here is Kelly's testimony in case it is needed.

<https://m.youtube.com/watch?v=NRu0ZH4khlc>

Open Share

Alright, it's time for the Time of Sharing. This is where you process what you're working through. We'll take turns sharing, starting with the person leading your group, and then we'll go around the circle clockwise. Anyone can decline to share too. You might hear someone reference a "Kairos Moment" this is a moment someone has with God.

If you have a prayer request, write it down on one of the index cards or submit it on the Prayer section of our website. Then someone will pray for it throughout the week.

Before we share, we need to go over the 5 Ground Rules and The Goal of our sharing.

The 5 Ground Rules

Keep your Sharing focused on your own thoughts and feelings. Limit your sharing to 3-5 minutes.

There is NO cross talk. Cross talk is when two individuals engage in conversation excluding all others. Each person is free to express his or her feelings without interruptions.

We are here to support one another, not “fix” one another.

Anonymity and Confidentiality are basic requirements. What is shared in the group, stays in the group. The only exception is when someone threatens to injure themselves or others.

Offensive language has no place in a Christ-centered recovery group.

The Goal of our Sharing

In your sharing, try to answer the following 3 questions. If you don't know the answer to any of the them, that's ok, work on them when you leave here

What? - Whatever you're sharing about today

Why? - Why does it mean something to you?

Where? - Where do you go from here?

Feel free to introduce yourself by saying your name and what you're working on, or you can do it AA style.

The 12 Steps

We'll close out our meeting today by reading “The 12 Steps” and “The Lord’s Prayer” together. If you’re on Zoom, please mute your mic.

1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could restore us to sanity.
3. We made a decision to turn our lives and our wills over to the care of God.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove all our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all.

9. We made direct amends to such people whenever possible, except when to do so would injure them or others.

10. We continue to take personal inventory and when we were wrong, promptly admitted it.

11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and power to carry that out.

12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and practice these principles in all our affairs.

The Lord's Prayer

“Our Father, who art in heaven,

hallowed be thy name.

Thy Kingdom come,

thy will be done,

on earth as it is in heaven

Give us this day our daily bread.

And forgive us our trespasses,

as we forgive those who trespass against us.

And lead us not into temptation,

but deliver us from evil.

For thine is the kingdom,

the power and the glory,

for ever and ever. Amen.”

Our Meeting is Over

If you want, feel free to stick around for our Social 30